

### **Abstract of the Disclosure**

A packing box includes a box main body; and  
an inner plate on which a packing object is fixed.  
The inner plate is accommodated in the box main body  
5 and is kept in a horizontal direction. The inner  
plate may include a main plate on which the packing  
object is fixed, a set of first plates which bendably  
extend from each of first ends of the main plate  
opposing to each other, and a set of second plates  
10 which bendably extend from each of second ends of the  
main plate opposing to each other. The packing object  
is desirably fixed at a center of the main plate such  
that the packing object is not contact with inner  
walls of the box main body.